

Olecranon/Radial Head Fracture Conservative

Dr. Hiesterman

Time Frame	Treatment	Goals
Initial Visit	<ul style="list-style-type: none"> Hinged elbow brace allowing motion from 30° extension lag to full flexion. Instruct in edema management techniques. Educate in gentle AROM for elbow, forearm, wrist, and hand. (PROM may be completed to the hand and wrist if needed). Instruct TEX/HEP should be completed in the elbow brace. <ul style="list-style-type: none"> Continue seeing client for ROM as indicated by eval 	<ul style="list-style-type: none"> Pain management Edema management
Phase I (6 weeks post-injury)	<ul style="list-style-type: none"> Unrestricted AROM is completed to elbow and forearm 	
Phase II (7 weeks post-injury)	<ul style="list-style-type: none"> Begin AAROM place and holds for elbow flexion and forearm rotation and/or dowel exercises for elbow extension. Dynamic flexion orthosis may be issued if needed. Initiate progressive upper extremity strengthening 	<ul style="list-style-type: none"> Progress to full ROM
Phase III (8 weeks post injury)	<ul style="list-style-type: none"> Instruct in PROM to elbow and forearm exercises provided fracture is healing well 	